



Lifespan: Why We Age—and Why We Don't Have To

David A. Sinclair

[Download now](#)

[Read Online](#) ➔

Lifespan: Why We Age—and Why We Don't Have To

David A. Sinclair

Lifespan: Why We Age—and Why We Don't Have To David A. Sinclair

A NEW YORK TIMES BESTSELLER

A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of *Time*'s most influential people.

It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? What if we could choose our lifespan?

In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: "Aging is a disease, and that disease is treatable."

This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to *feel* younger, but actually *become* younger.

Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, *Lifespan* will forever change the way we think about why we age and what we can do about it.

Lifespan: Why We Age—and Why We Don't Have To Details

Lifespan: Why We Age—and Why We Don't Have To

310 pages , Published September 10th 2019 by Atria Books

 [Download Lifespan: Why We Age—and Why We Don't Have To ...pdf](#)

 [Read Online Lifespan: Why We Age—and Why We Don't Have To ...pdf](#)

Download and Read Free Online Lifespan: Why We Age—and Why We Don't Have To David A. Sinclair

Mario the lone bookwolf says

Immortality sounds... nice. Too utopic, still, but prolonging life for spans that seem unimaginable at the moment may be a standard procedure in a not so far future.

Sinclair, a professor of genetics and expert in the field of the science of aging from the Harvard medical school, summarizes the status quo of how to stay young and healthy as long as possible.

At the moment, the way to a longer life is a pretty hard one, focussing on some elemental and proven elements:

Workout for both strength and endurance.

Have a happy relationship and a social network of few, close, real, true friends. Tricky.

Rarely eat until you are replete, calory restriction, fasting, detoxication, time-restricted eating, and a healthy diet are some of the most important factors because they can slow the aging process. Other factors are nice too, but those are the ones that don't just boost your happiness and immune system, but really let you get old slower. Not just each cigarette shortens your life, but each extra snack too.

Pets aren't a bad idea.

Find fulfillment in work, but a work-life balance too.

Perfect sleeping cycle between 7 and 9 hours with or without power naps, but one between 15 to 30 minutes might be recommended.

No orgies, drugs, very small doses of alcohol and sugar, no getting fat and untrained.

Curiosity, trying new things, always searching for something new and different, brain training, puzzles, foreign languages, self-reflection, life-long learning.

Mindfulness.

Be happy and resistant to stress, be conscious, meditate. Control of emotions and thoughts

Etc.

There is a huge and completely unnecessary exposition and anecdote problem in Sinclair's writing, a prime example of very clever and competent people who don't take the time to invest in creative writing and science communication skills, not to speak of show, don't tell. Instead of driveling about the organization, unimportant parts of research, himself, and even some completely irrelevant things, he could have used these dry, boring knowledge as exposition by including it in stories, not making it an appendix one asks why it's there, because readers want the science of aging, not the boredom of bureaucracy that let's one feel immortal by slowing time to zero. That's especially a missed chance because there are so many sciences and knowledge around this topic of, well, dying later, that dozens of books could be written about it from the perspectives of different fields.

By simply avoiding this inflation with the help of a professional science writer, cutting away at least half of the redundancy and empty narrative calories and pimping the rest, as many of the leading science nonfiction writers use to do, he could have made a solid 5 star and presented his knowledge in a much more appealing way. When people write autobiographies, they should name, and not camouflage, their mindchild.

The hard truth is, until a probable wonder cure may make one immortal, the only way to possibly live until this point is to live the very hard life of an always hungry, happy, curious, positive, etc., ascetic. Good genes might be helpful too and in understanding those might lie one of the first medical applications, first in adding them in vitro fertilization processes to create long-living humans and later possibly in adult ones too or even create new longevity genes. To pimp telomeres so much that they last forever and youth never goes is more of a long-term perspective.

A wiki walk can be as refreshing to the mind as a walk through nature in this completely overrated real life outside books:

<https://en.wikipedia.org/wiki/Rejuven...>

https://en.wikipedia.org/wiki/Life_ex...

Katie says

If I am being honest, I expected more from a 400+ page book written by one of the leaders in longevity. It is well written and the illustrations are lovely, but the information on extending healthspan could be summarized in a paragraph. I was also disappointed in how shallow some of the explanations were. I was hoping for a substantive monograph written for the lay person (like Zimmer's work) but this is not that.

So then what is taking up the bulk of these 400+ pages?

Anecdotes, personal background, topics related to government budgeting, why health span research is important, and other things I did not buy this book for.

For those of you who wanted something deeper, check out the Landmark Cell Reviews collections on Aging and Metabolism (These research papers are all open archive and not blocked by journal fees):

<https://www.cell.com/cell/collections...>

<https://www.cell.com/cell/collections...>

Always Pouting says

Oh boy, I just finished this and I'm incredibly annoyed. I want to start off by saying that I didn't pay for this and I'm glad I didn't. I had credits on Amazon to get a kindle book so this was one of the ones I bought because I had heard Sinclair on Peter Attia's podcast and I had thought that this book would be more research and science heavy. The last almost hundred pages of this book of 300-ish pages is what put me in such a bad mood. Personally I have zero patience for self styled thought leaders of any kind and people who want to spend all my time telling me about some inevitable future. The last third of this book is about the future and supposedly is grappling with the ethics of extending human life, which it doesn't do convincingly. There was no mention of research really and Sinclair uses random studies to try to justify his idea that living forever will actually be good for us. What was the point of using that study on people who stopped to help other people to try and say that people living longer might feel less rushed and imply it would make us kinder and then to proceed to acknowledge what an idiotic thing that was to say because of the leap being made. Like just leave it out man. Also I don't care about his politics, even if a lot of it aligns with my own, like why are you telling me this. It just felt annoying and self important for him to tell me these things I don't care about. I don't want to know about Sinclair's hopes and dreams and positions on high profile issues. The best part of this book was just the middle part where he actually discussed the research and science and interesting ideas of what may be happening. I wish it had been more of that and less of this exposition of himself and his life. Also this is going to be hypocritical but it was so annoying how it didn't have as much of a cohesive structure or flow through out the book and how he jumped from thing to thing without building on it and going into depth and detail about it. I know my reviews are chaotic but I'm not charging money or styling myself as some expert in something who can enlighten you on the subject.

I feel like the whole purpose of this book is for Sinclair to expand on his own feelings and experiences around the issue of aging. It serves the purpose of persuasion to push for viewing aging in the framework he thinks it should be viewed in and to thus allow for more attention/funding towards the issue. None of that is wrong per se but it could have been done much better and concisely if he didn't jump around trying to predict the future and cover technologies that he's clearly not working on first hand and thus creating weaker sections in the book. I probably would've given it a higher rating regardless of my own expectations for a book heavier, being heavier on the science side and work being done in his lab, if it hadn't felt so grating to have it jump around so much, have him pushing himself as some predictor of the future, and having him only superficially

address concerns with what he wants to do. I also would probably have given this a better rating if it weren't filled with so many anecdotes and name dropping so many people who I also don't care about. I think its great that people are accomplished and they're very impressive people etc but just giving me names and one sentence descriptions of what people are working on is useless for my own purposes.

Anyway this is 2.5 stars from me, this might be a good read for someone else but as someone with more of a science background who wants to read books on research that are rigorous and more heavily focused on the research itself, which actually goes over things like limitations of said research in a more thorough fashion, this didn't appeal to me at all. I don't enjoy people predicting the future either, regardless of how much merit those predictions have and how often that person is right, because the future isn't set and is shaped by decisions we make today and I'd much rather here how people themselves are working to shape it and why they think we should work to shape it that way. Just people espousing what is and isn't possible isn't really appealing to me because I already am open to trying things out and I would much rather they saving their persuasion for others. Also I wanted Sinclair to talk about the science, if I wanted to political theory I would go to other sources, nothing is worse than high profile people, especially thought leaders, worrying about things like the far right and left and polarization. Like everyone's entitled to their opinions on it but write a separate book or something. You don't see me begrudging Pinker for being annoying about it and I simply choose not to pick up his book because I know it'll annoy me with its framing.

I know I should just stop but also this isn't the reason I rated it 2.5 stars because halfway through when he was talking about research I was probably at 3.5-4 stars rating wise but man as someone with a fundamentally surly temperament there's nothing more annoying than people who insist we need to be optimistic. Like yeah things are getting better but who cares, how is it useful to focus on that instead of problems and addressing them. Like maybe I just don't care enough about feeling good about things and so this just wouldn't appeal to me anyway.

Also Sinclair said he isn't afraid to die at the end of the book but insists through out the book that death is painful and horrible. Sinclair needs to read about Montaigne's experience with death and how it changed his fears of death by showing him actually its not bad. I also have almost died and can also attest that when it's happening it isn't painful at all, it just happens and in fact at points you feel euphoric even. I'm going to leave it at that because my own feelings of death weren't really relevant to how I felt about the book in general.

Anyways TL;DR: this was 2.5 stars because I was expecting a book that was heavier on covering the science in this area and because the last 100 pages pissed me off. Others may enjoy it if they go in knowing what to expect and have less curmudgeonly personalities.

From Reader Review Lifespan: Why We Age—and Why We Don't Have To for online ebook

From reader reviews:

Therese McGaha:

Book is to be different for every single grade. Book for children until adult are different content. To be sure that book is very important for us. The book Lifespan: Why We Age—and Why We Don't Have To had been making you to know about other understanding and of course you can take more information. It doesn't matter what advantages for you. The guide Lifespan: Why We Age—and Why We Don't Have To is not only giving you far more new information but also to get your friend when you really feel bored. You can spend your spend time to read your e-book. Try to make relationship while using book Lifespan: Why We Age—and Why We Don't Have To. You never feel lose out for everything in case you read some books.

Margaretta Lee:

Your reading sixth sense will not betray anyone, why because this Lifespan: Why We Age—and Why We Don't Have To e-book written by well-known writer who really knows well how to make book that may be understand by anyone who read the book. Written inside good manner for you, still dripping wet every ideas and publishing skill only for eliminate your personal hunger then you still question Lifespan: Why We Age—and Why We Don't Have To as good book but not only by the cover but also by content. This is one e-book that can break don't judge book by its protect, so do you still needing another sixth sense to pick that!? Oh come on your examining sixth sense already alerted you so why you have to listening to one more sixth sense.

Santos Conrad:

As we know that book is vital thing to add our information for everything. By a reserve we can know everything we want. A book is a group of written, printed, illustrated as well as blank sheet. Every year had been exactly added. This e-book Lifespan: Why We Age—and Why We Don't Have To was filled with regards to science. Spend your spare time to add your knowledge about your scientific research competence. Some people has different feel when they reading any book. If you know how big advantage of a book, you can really feel enjoy to read a guide. In the modern era like currently, many ways to get book that you just wanted.

Terry Buehler:

Reading a e-book make you to get more knowledge from this. You can take knowledge and information coming from a book. Book is prepared or printed or descriptive from each source that will filled update of news. With this modern era like at this point, many ways to get information are available for you actually. From media social like newspaper, magazines, science guide, encyclopedia, reference book, fresh and comic. You can add your understanding by that book. Ready to spend your spare time to open your book? Or just trying to find the Lifespan: Why We Age—and Why We Don't Have To when you needed it?

[READ]? Lifespan: Why We Age—and Why We Don't Have To David A. Sinclair EKUYD6273LB